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ORANGE PEKOE.
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18 MERCHANT STREET.

NOTICE

ANY WOMAN OR GIRL NEEDING help or advice, is invited to communicate, either in person or by letter, with Ensign L. Anderson, matron of the Salvation Army Woman's Industrial Home, No. 1680 King street.

ONE WEDDING FOR Y. W. C. A.

Annual Report Shows Cupid Is a Member of the Association.

Another year of good work has been accomplished by the Young Women's Christian Association and last evening some half hundred members and their friends gathered at Englewood on Vineyard street to listen to the annual report of the general secretary and an address by J. G. Woolley, the temperance worker, to hear the report of the nominating committee and to enjoy a merry evening in which refreshments were not forgotten.

Carlotta Meyer, general secretary, delivered the following interesting and instructive report:

An artist one day placed his canvas before him and, facing the west, said: "I will paint a sunset." Day after day he worked, putting in a fence here, a tree there and a barn in the background on the details of which he worked with exquisite care, but there were no sunset colors. A friend came one day and, looking at the picture, said: "How will you ever paint sunsets if you spend all your time putting shingles on a barn?"

Day after day, throughout the year, we have worked, oftentimes, it has seemed, with shingles only, yet there has ever been the sunset glow in the mind's eye, and tonight as we endeavor to bring to you the report of the year, we trust the sunset will be but emphasized by the fences and shingles.

One question is ever uppermost in the minds of our friends: "Does the Y. W. C. A. meet a real need in our community?"

It is right that this question should be, and as Yankee blood asserts itself, we wish to answer in part by this other question: "What is a real need?" Of bread and meat only? Never! Of friends, rest, peace, love of books, home, helpful thoughts, knowledge of God among men? Yes—a thousand times—yes.

I put the question recently to a number of our young women. In every case the answer came: "It meets a real need for me," special emphasis being placed upon the friends met here and the value of the quiet rest room.

May I in the beginning call attention to one feature of our treasurer's report. You have been most generous to us, yet I think it comes as a surprise that the total amount of money handled during the year was \$13,166.25; but \$1539.00 has been in donations. Our gifts, therefore, are less than 12 per cent of our income, and we are 88 per cent self supporting, a good showing for any Association.

Our Englewood home has been a happy one, and most of the time it has been well filled, though with a shifting family, as is always true of a place like this. Several of those who were here when we came have left Honolulu permanently; some East, some West, where the West becomes the Far East.

One noteworthy feature is the gradual increase of ladies in our home fold. A number of pleasant social occasions have enlivened the days, some courtings and one wedding have given a spice of romance to the year.

Many transients have spent a day or a week with us. Missionaries en route to the Orient have cheered and been cheered by Englewood.

Several young women, alone in a strange land, have found a haven of rest here. A recent letter from one who sorely needed just what we could supply in care and love says: "I shall never forget the happy hours there." I think to most of our company it has been in truth a home more than a boarding house. There have been, and doubtless there always will be, many perplexing questions but one by one they have been solved.

Through the kindness of a friend the large front room of the Boston building was added to our quarters there, making a cool, airy, commodious dining room. The rest room has been newly fitted up, and it is a pleasure to see the young women there during the noon hour, reading or sleeping until time to return to work. I often think that if the association stood for nothing else, the rest and peace of the noon hour in the midst of a busy day is a good and sufficient reason for its existence. In the hallway near the dining room door hangs a blackboard—here notices are written, but more often there is a helpful thought, and often a young woman will say: "That meets my need today. I want to copy it."

One group of young women meets biweekly for the study of American literature; another, just forming, will meet weekly from five to five-thirty in the Association rooms.

We have been greatly favored in having a course of lectures given by Miss Krout, which has been well attended by the business women.

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Thanks to you ladies of the city, our library is fairly good, but I have an insatiable appetite for books, and yet more books. Books of reference, standard poetical books, good recent fiction, all are needed. Several young women have joined the Association solely for the library privilege, and we want to give them the best. In a short time you may hear the call for books sounded, and we feel sure it will not be unheeded.

Little outings, picnics, beach parties, tramps and horseback rides, all informal, but all greatly enjoyed, have been almost too numerous to mention, at least one moonlight party a month being a regular feature.

The use of the Miller street athletic field two days weekly has been secured, and should you pass there in early morning or late afternoon you will see a merry group of girls at play.

The vacation cottage at Wahiawa

was sold during the summer, the funds invested, and the income will be used for recreation purposes.

Last and most important is the religious work. Not in meetings like those of our young people's societies in the churches. They have their own place and there is no occasion to duplicate it. Personal contact daily with strong Christian girls, the Bible translated into life that can but be read, the opportunity for the word that shall go straight to the heart; these are the things that can not be put into a report, but are the reality for which we strive.

A course of talks of worldwide interest is planned to begin on alternate Sundays. Miss Krout has already opened this with a talk upon the women of China. A Bible class led by one of our own young women will probably begin work January 1. The course is now being mapped out, and will be of great value both to Bible students and those who would be such.

A sign on one of the Los Angeles churches reads: "The institutional work of this church for young men is done by the Y. M. C. A.; for young women by the Y. W. C. A." That is what the Association must do if it meets its ideal. We feel that every woman of the city who wants to make the world stronger and purer should become a member of this organization. Tonight we ask you ladies who are not members to join us, not for what you can get, but for what you can give of money, influence and friendship, that through our loved organization you may do that which is impossible personally. "Not what we give, but what we share. The gift without the giver is bare." Giving thus we assure you you will receive back a hundredfold in broader sympathy, enlarged vision, stronger life to yourselves.

The nominating committee reported that Mesdames Dillingham, Wadman and Clarence Cooke were nominated to serve on the board of directors for three years. Mrs. Hopper was chosen to serve the unexpired term, one year, vice Mrs. Jordan, resigned, and Mrs. Robert Lewers was named to act during the unexpired term, one year, in place of Mrs. George Davies, resigned. J. G. Woolley in his remarks dwelt on the building of character with the doctrines of Christ as a basis, emphasizing the great value of self-respect and its ennobling tendency.

INFLUENCE OF SUGAR ON MUSCULAR WORK

On many previous occasions we have discussed the influence of sugar on muscular work. Our attention was attracted to the interesting monograph on this subject that was read at the Liege International Congress. Without doubt sugar plays a most important role. Evidently one can not live entirely on sugar, as it is not a complete aliment. Each category of substances, albuminoids, carbon hydrates, and fats have special roles to fulfill, but sugar permits our muscles to accomplish the greatest amount of work.

Chauveau's laboratory experiments demonstrated beyond cavil that muscles, when working, are fed mainly by carbon hydrates contained either in the blood or in the muscle itself. Glucose is the aliment that furnishes through its combustion the muscular strength. The main object of the albuminoids is for repairing the wear and tear of our tissues, while sugar may be compared with carbon in an engine, producing heat and motion; but the boiler itself wears, and effort should be made for its repair. The albuminoids help in the work while the true source of energy is sugar.

Mosso, the well-known Turin (Italy) physiologist, in order to estimate the force obtainable through sugar consumption, uses an ergograph. The strength of a finger of the hand is increased by raising a 3 to 5 kilos weight, depending upon the person, and the record is given in kilogrammeter of the work accomplished; the instrument in question offering special advantages over the hitherto elliptical dynamometer, giving the strength in kilos. On the other hand, in registering on a kilogrammetric basis, the data is a unity of energy. The equivalent with other forces of energy, with heat for example, is well known.

Experiments have been made with sugar, and the data recorded are of exceptional importance. The results obtained differ somewhat from those of other investigators whose observations have been mainly centered upon the influence of sugar during long walks and other like varied exercises. The reason of these apparent contradictions has been explained by Miss Kiplana, pupil of one of the Brussels colleges. It was noticed that when a person has been well fed there is no dynamogenic action of sugar on the ergograph. The work recorded is that of a single finger of the hand. In this case the sugar contained in the sanguine mass is sufficient to furnish the requisite work. Fatigue is due not only to the consumption of the aliment in reserve, but also to the muscle intoxication by the decomposition of products. The absorption of 20 grams of sugar in such cases has no effect, for the reason the sugar is already in excess. The results are very different if for one reason or another the blood sugar percentage has been reduced. In this case the work of the ergograph is very much lessened, and if sugar is absorbed there will be an important dynamogenic effect with the view of obtaining the best possible effect. A system of factory experiments was resorted to. The conditions were then recorded by way of comparison. Thirty grams of sugar were then dissolved in water and drunk. It was shown that the work was increased by 70 per cent. It is also interesting to refer to the action of sugar during child labor. It

HUSTACE KNEW ALL THE TIME

Trent Defends Himself and Says That He Acted Under Advice.

Treasurer Trent yesterday gave out the following statement in regard to the charges of irregularity in his disposition of county funds brought against him by Chairman Hustace, of the Board of Supervisors, at the meeting of the Board on Monday night. Mr. Trent claims that the Chairman of the Board of Supervisors had knowledge of the facts stated several weeks ago, but had made no objection until he threw the bomb into the meeting on Monday, just after he had been ousted in an encounter with the County Sheriff. Mr. Trent says:

Seeing in the morning paper that Mr. Chairman Hustace made an attack upon me last night for my method of keeping county funds, I desire to throw some additional light on the subject:

Ever since the County Act has been in operation the county funds have been kept on deposit, in about equal amounts, in the four leading Honolulu banks, subject to my order as County Treasurer.

On August 31st, this year, I changed the accounts in the First National bank, Bishop's bank and Spreckels' bank so that the funds could only be drawn out on the check of Trent Trust Co., signed by me as its president. This was done after consultation with and approval by some of the most prominent business and financial men in Honolulu.

I did not change the account in the Bank of Hawaii for the reason that the Trent Trust Co. does its private banking business exclusively with that institution, and I did not wish county funds to become mixed with Trent Trust Co.'s private account. Early in September I told Mr. Chairman Hustace what I had done, and particularly explained to him why I did not change the account in the Bank of Hawaii as in the other banks. He asked several questions about it, whether I had the right to so deposit funds, etc., and whether or not the funds would be safe. He offered no objection or criticism; and hearing nothing further from him on the subject, I naturally concluded that the arrangement was not unsatisfactory to him as chairman of the County Board of Supervisors.

On the 25th inst., Mr. Hustace, Mr. Olson, the Deputy County Attorney, and Mr. Bicknell, the County Auditor, came to the Treasurer's office to count the county cash, as they are required by law to do quarterly. The Auditor's books showed that the sum of \$44,040.90 ought to have been in the treasury, and the funds checked out as follows:

Redeemed warrants \$ 1,251 52

Gold 1,345 00

Silver 107 05

On deposit, Bank of Hawaii.. 74,243 30

On deposit, Spreckels bank.. 13,508 86

On deposit, Bishop's bank .. 13,585 17

Total \$44,040 90

The sum of \$22,445 34 of Road Tax Special Funds on hand according to the Auditor's books checked exactly with the deposit of these special funds in the First National bank.

The committee was then and there informed just how the money was deposited—Mr. Hustace already knew.

Mr. Hustace made no criticism of his findings, and found nothing to surprise him, as he had been fully acquainted with the matters many weeks ago, and had had many opportunities in meetings of the Board of Supervisors and out to express his disapproval or to offer objections or suggestions.

Respectfully,
RICHARD H. TRENT.

has been demonstrated that sugar, like ergot, has an influence on the contraction of the uterus. As there is no toxic to be feared through the use of sugar its value is that much greater. The best results were obtained by dissolving 25 grams of sugar in water and drinking the same at intervals of half an hour.

In a previous writing, mention was made of the value of sugar in the treatment of consumptives. The patients fed on sugar weighed the most, with a tendency to further fatten. This in most cases is an indication that the patient is cured, or at least is improving. Comparative experiments were made with fats, and sugar was pronounced the best. The explanation is that fatty substances, in order to be utilized, must be changed into sugar (glucose), and during transformation a large proportion of this energy is converted into heat; consequently it is lost for the individual who has no need of the excess of heat, especially in tropical countries. It is concluded, as far as the question is concerned of the organic regeneration, that fat is inferior to carbon hydrates, notwithstanding the theoretical equivalence.

The whole issue of the influence of sugar in the system has undergone important changes during the past few years, and most of the leading authorities do not hesitate to declare that the efficiency of the human machine increases when the work is accomplished with muscles having an ample supply of sugar at their disposal—Sugar Beet.

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Upon application we shall be pleased to furnish further information and financial statements.

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